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WHAT IS CLAIMED IS:

1. A dietary supplement comprising at least one (flavonoid source) and an enzyme, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less.
2. The supplement of claim 1, wherein said flavonoid source comprises one or more of grape seed extract, grape skin extract, bilberry extract, ginkgo biloba extract or quercetin.
3. The supplement of claim 1, wherein said enzyme comprises one or more of a fungal protease, acid stable protease, or bromelain.
4. The supplement of claim 1, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation at a dosage of about 20 mg/Kg or less.
5. The supplement of claim 1, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation at a dosage of about 10 mg/Kg or less.
6. The supplement of claim 1, wherein said flavonoid source comprises at least one grape extract.
7. The supplement of claim 1, wherein said flavonoid source comprises bilberry extract.
8. The supplement of claim 1, wherein said flavonoid source comprises ginkgo biloba extract.

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9. The supplement of claim 1, wherein said flavonoid source comprises quercetin.

10. The supplement of claim 1, wherein said supplement is effective for inhibiting blood platelet activity for  
5 at least four hours following ingestion of said supplement.

11. The supplement of claim 1, wherein said supplement is effective for inhibiting platelet activity in a mammal at a dosage of about 30 mg/Kg or less and following  
10 administration of epinephrine at a dosage of about 0.2  $\mu$ g/Kg/min.

12. The supplement of claim 1, wherein said enzyme comprises about 24% or less of said supplement by weight.

13. The supplement of claim 1, wherein said dietary  
15 supplement comprises PROVEXCV™.

14. The supplement of claim 1, wherein said dietary supplement comprises PROVEXCV2™.

15. A dietary supplement comprising a grape seed extract, grape skin extract, ginkgo biloba extract,  
20 bilberry extract, quercetin, fungal protease, acid stable protease and bromelain, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less.

25 16. The supplement of claim 15, said supplement being in the form of a pill.

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17. The supplement of claim 15, said supplement being in the form of a powder. ✓
18. The supplement of claim 15, said supplement being in liquid form. ✓
- 5 19. The supplement of claim 15, said supplement being in the form of a phytosome. ✓
20. The supplement of claim 15, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation at a dosage of about 20  
10 mg/Kg or less. ✓
21. The supplement of claim 15, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation at a dosage of about 10 mg/Kg or less. ✓
- 15 22. A dietary supplement comprising an unfermented flavonoid source and an enzyme, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less.
- 20 23. The supplement of claim 22, wherein said supplement comprises a plurality of flavonoid sources. ✓
24. The supplement of claim 23, wherein said supplement comprises PROVEXCV2™.
25. A method to inhibit platelet activity or LDL  
25 cholesterol oxidation in a mammal comprising administering a dietary supplement comprising at least one flavonoid source and an enzyme, said supplement

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effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less.

26. The method of claim 25, wherein said dietary  
5 supplement reduces platelet activity and LDL cholesterol  
oxidation at a dosage of about 20 mg/Kg or less.

27. The method of claim 25, wherein said dietary supplement reduces platelet activity and LDL cholesterol oxidation at a dosage of about 10 mg/Kg or less.

10 28. The method of claim 25, wherein said dietary  
supplement reduces platelet activity and LDL cholesterol  
oxidation.

29. A method to treat (a condition) associated with platelet activity or LDL cholesterol oxidation comprising administering a dietary supplement comprising at least one flavonoid source and an enzyme, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less.

30. An article of manufacture comprising a dietary supplement comprising at least one flavonoid source and an enzyme, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or less contained within a packaging material wherein said packaging material is labeled to indicate that said dietary supplement is useful for reducing platelet activity or LDL cholesterol oxidation or both.

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31. The article of manufacture of claim 30, wherein said packaging material is labeled to indicate that said dietary supplement is useful for treating a condition that is associated with platelet activity or LDL  
5 cholesterol oxidation or both.

32. A dietary supplement comprising at least one flavonoid source, said supplement effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 30 mg/Kg or  
10 less.

33. The supplement of claim 32, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of about 20 mg/Kg.

15 34. The supplement of claim 32, further comprising an enzyme.

35. A dietary supplement comprising an unfermented flavonoid source, said supplement effective for inhibiting platelet activity and LDL cholesterol  
20 oxidation in a mammal at a dosage of about 30 mg/Kg or less.

36. The supplement of claim 35, wherein said supplement is effective for inhibiting platelet activity and LDL cholesterol oxidation in a mammal at a dosage of  
25 about 20 mg/Kg.

37. The supplement of claim 35, further comprising an enzyme.

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